

SINCE 1838
Knorr[®]

Beef & Squash Stew

Ingredients

- 500g squash
- 300g mushrooms sliced
- 75g carrots
- 10g flour
- 500g diced casserole beef steak
- **300ml Knorr Beef Stock Pot**
- 400g canned chopped tomatoes
- 3 thyme stems trimmed
- 3 rosemary stems trimmed
- 1 large onion
- 1 large celery stick
- 1 bay leaf
- 2 cloves garlic
- 2 tbsp olive oil
- Pepper
- 1/2 teaspoon Colman's English Mustard
- 1/2 tablespoon Worcestershire sauce (optional)

Method

- 1** Cut all the vegetables into even chunks and finely chop the garlic. Toss the meat in the flour, mustard and a little salt and pepper.
- 2** Pour half the olive oil into a pan and when hot add meat and fry, stirring until it's nice and brown. Remove the meat and set aside. Add remaining oil to the pan with all the vegetables, garlic and herbs and fry for 5 minutes.
- 3** Return the meat and add the tomatoes and Knorr stock to the pan. Bring to the boil, then reduce to a slow simmer, cover and cook for 1 ½ hours or until the meat is tender.
- 4** Serve warm with some fresh bread for dipping.

